



**GLMW EXPEDITION ROUTE CARD**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Aim of expedition:** | | | | | | | | | | | | | **Name of DofE Group:**    **Tel No:** | |
| **Day of the week:**    **It Goes Dark At:** | | **Date:**    /  / | **Day number:**  (1st, 2nd etc.)  **Map:** | | **Team members:** | |  | | |  | |  |  | |
|  | |  |  | |  | |  | | |  | |  |  | |
|  | |  |  | | **Plan Assumes:** | | | | | | | |  | |
| **Leg** | **PLACE WITH GRID REF** | | **General direction**  **or bearing** | **Distance**  **in km** | **Height climbed in m** | **Time allowed for journeying** | | **Time allowed for exploring, rests or meals** | **Total time**  **for leg** | **Estimated Time of Arrival** | **Setting out time:** | |  | |
|  | **START** | |  |  |  |  | |  |  |  | **Brief details of route to be followed or planned activity.**  **(Enter full details of activity on reverse)** | | | **Escape/Notes**  In emergency call Supervisor ASAP |
| (a) | (b) | | (c) | (d) | (e) | (f) | | (g) | (h) | (i) | (j) | | | (k) |
| 1 | TO | |  |  |  |  | |  |  |  |  | | |  |
| 2 | TO | |  |  |  |  | |  |  |  |  | | |  |
| 3 | TO | |  |  |  |  | |  |  |  |  | | |  |
| 4 | TO | |  |  |  |  | |  |  |  |  | | |  |
| 5 | TO | |  |  |  |  | |  |  |  |  | | |  |
| 6 | TO | |  |  |  |  | |  |  |  |  | | |  |
| 7 | TO | |  |  |  |  | |  |  |  |  | | |  |
| 8 | TO | |  |  |  |  | |  |  |  |  | | |  |
| **Bronze: 6 hours, min 3 hours journeying**  **Silver: 7 hours, min 3.5 hours journeying**  **Gold: 8 hours, min 4 hours journeying** | | | **Totals:** |  |  |  | |  |  |  | **Supervisor’s name, location and Tel No:** | | | |

**ACTIVITY PLAN**

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| **Leg/**  **Activity** | **Task** | **Activity details** |
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**Route Card – notes on completion**

* For each leg involving journeying only enter route details in columns (b) to (k).
* When non-journeying activity (exploring) is planned at the break between legs, leave columns (c) to (f) blank, enter the estimated time required to complete the activity in column (g), complete columns (h) to (i), and enter brief details of the activity in column (j).
* If exploring is to be carried out during a leg, enter the route details in column (b) to (f), add the time planned for the activity to the rest and meal times in column (g), and complete columns (h) to (k). Enter brief details of the activity after the route description in column (j)
* The journeying total in column (f) must be at least half the minimum required hours of planned activity.